

TEAM Nutrition



A Score-based Version of the *Changing the Scene* “School Improvement Checklist”

From Michigan State University Extension

Presented by Anne Murphy, PhD, RD
Food and Nutrition Service National Nutrition
Education Conference (2/03)

CHANGING
THE SCENE

TEAM Nutrition



Changing the Scene is terrific
& the "School Improvement
Checklist" is great, but..

*CHANGING
THE SCENE*

TEAM Nutrition



*We have lots of HSNE
projects...how do we know if
school environments change?*

*CHANGING
THE SCENE*

TEAM Nutrition



*We need (pre/post) scores to
show outcomes...*

*CHANGING
THE SCENE*

TEAM Nutrition



Michigan Healthy School Nutrition Environment Projects PRE-project Team Nutrition School Improvement Checklist

Scoring Criteria:

4=Great—fine as is; 3=OK for now; 2=Needs improvement but not a top priority; 1=Top priority; =Don't know

Component 1: A Commitment to Nutrition and Physical Activity Abbreviations: PA=Physical Activity, SFS=School FoodService, NE=Nutrition Education	Great (4)	OK (3)	Needs help (2)	Priority (1)	Don't know ()
Definitions of Success					
1.1 NE and PA are included in the school's daily education program from pre-K through grade 12.					
1.2 Administrators support the development of healthy lifestyles for students, and establish and enforce policies that improve the school nutrition environment. They address issues such as the kinds of foods available on the school campus; mealtime schedules; eating space and atmosphere; NE and PA.					
1.3 School staff, students and parents are part of the policy-making process and support a healthy school nutrition environment.					
1.4 SFS are part of the team and participate in making decisions and policies that affect the school nutrition environment.					
1.5 The school has a health council to address nutrition and physical activity issues.					
COMPONENT #1 SCORE (Total for 1.1 - 1.5) = ____ Possible points: 20					
Notes:					

TEAM Nutrition



*We used a Profile and the
Scorable Checklist*

** with six schools*

** in partnership with Dairy Industry*

*CHANGING
THE SCENE*

TEAM Nutrition



Component	Pre	Post
1. School Commitment	61%	
2. Quality School Meals	79%	
3. Other Healthy Options	56%	
4. Pleasant Eating Experiences	67%	
5. Nutrition Education	59%	
6. Marketing	48%	
All Components	64% (44-72%)	

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Component 2: Quality School Meals <i>Note: To complete this section, you need a staff person from school foodservice on your team.</i> Abbreviations: PA=Physical Activity, SFS=School Food Service, NE=Nutrition Education	Great (4)	OK (3)	Needs help (2)	Priority (1)	Don't know (√)
Definitions of Success					
2.1 Schools offer lunch, breakfast and after-school snack programs and students are encouraged to participate.					
2.2 The Child Nutrition Programs are administered by SFS staff that is properly qualified according to current professional standards.					
2.3 All SFS staff have appropriate preservice training and regularly participate in professional development activities.					
2.4 School meals are offered at prices students can afford.					
2.5 Menus are planned with input from students and include local, cultural and ethnic favorites of the students.					

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Component 2: Quality School Meals <i>Note: To complete this section, you need a staff person from school foodservice on your team.</i> Abbreviations: PA=Physical Activity, SFS=School Food Service, NE=Nutrition Education	Great (4)	OK (3)	Needs help (2)	Priority (1)	Don't know (√)
Definitions of Success (continued)					
2.6 Menus meet nutrition standards established by the USDA, conform to good menu planning principles and feature a variety of healthy choices that are tasty, attractive, of excellent quality, and are served at the proper temperature..					
2.7 SFS staff use food preparation techniques to provide meals that are lower in saturated fat, sodium and sugar. They offer healthy food choices that include lean meats, fruits, vegetables, whole grains & low-fat or non-fat milk.					
2.8 School meals are marketed to appeal to all students, who are encouraged to choose and consume the full meal.					
2.9 School meal participation rates are approximately the same for paying students as for students eligible for free and reduced price meals.					
2.10 Food safety is a key part of the school foodservice operation.					
COMPONENT #2 SCORE (Total for 2.1 - 2.10) = _____ Possible points: 40					

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Component 3: Other Healthy Food Options Abbreviations: PA=Physical Activity, SFS=School Food Service, NE=Nutrition Education	Great (4)	OK (3)	Needs help (2)	Priority (1)	Don't know (√)
Definitions of Success					
3.1 All foods and beverages that are available at school contribute to meeting the dietary needs of students; that is, they are from the five major food groups of the Food Guide Pyramid.					
3.2 School policies include nutrition standards for foods and beverages offered at parties, celebrations, and social events.					
3.3 If foods are sold in competition with school meals, they include healthy food choices offered at prices children can afford.					
3.4 If a la carte foods are available, they include a variety of choices of tasty, nutritious foods and beverages, such as fruits, vegetables, whole grains, and low-fat or non-fat dairy foods.					
3.5 If foods and beverages are sold in competition with school meals, they are not more highly marketed than the reimbursable school meals.					

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Component 3: Other Healthy Food Options Abbreviations: PA=Physical Activity, SFS=School Food Service, NE=Nutrition Education (Continued)	Great (4)	OK (3)	Needs help (2)	Priority (1)	Don't know (√)
3.6 There are appropriate restrictions on students' access to vending machines, school stores, snack bars, and other outlets that sell foods and beverages, if these options are available. For example: no access in elementary schools, no access until after the end of the school day for middle and junior high schools, and no access until after the end of the last lunch period in senior high schools.					
3.7 School staff does not use food as a reward or punishment for students. Ex: they don't give coupons for fast food as a reward for an "A" or withhold snacks as punishment for misbehaving.					
3.8 The school encourages parents to provide a variety of nutritious foods if students bring lunches from home.					
3.9 The school encourages organizations to raise funds by selling non-food items.					
COMPONENT #3 SCORE (Total for 3.1 - 3.9) = _____ Possible points: 36					

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Component 4: Pleasant Eating Experiences Abbreviations: PA=Physical Activity, SFS=School Food Service, NE=Nutrition Education	Great (4)	OK (3)	Needs help (2)	Priority (1)	Don't know (√)
Definitions of Success					
4.1 Meal periods are scheduled at appropriate times; schools do not schedule other activities during meal times.					
4.2 Meal periods are long enough for students to eat and socialize.					
4.3 There are enough serving areas so that students don't have to spend too much time waiting in line.					
4.4 Eating areas are attractive and have enough space for seating; tables and chairs are the right size for the students.					
4.5 Recess for elementary grades is scheduled before lunch so that children will come to lunch less distracted and ready to eat.					
4.6 Schools encourage socializing among students, and between students and adults. Adults properly supervise dining rooms and serve as role models to students.					

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Component 4: Pleasant Eating Experiences Abbreviations: PA=Physical Activity, SFS=School Food Service, NE=Nutrition Education	Great (4)	OK (3)	Needs help (2)	Priority (1)	Don't know (√)
Definitions of Success (continued)					
4.7 Creative, innovative methods are used to keep noise levels appropriate---no "eat in silence".					
4.8 Facility design (including size and location of the eating/kitchen area, lighting, building materials, windows, open space, adequate foodservice equipment for food preparation and service, and food and staff safety), is given priority in renovations or new construction.					
4.9 Hand washing equipment and supplies are in a convenient place so that students can wash their hands before eating.					
4.10 Drinking fountains are available for students to get water at meals and throughout the day.					
4.11 Schools use an accounting system that protects the identity of students who eat free and reduced price school meals.					
COMPONENT #4 SCORE (Total for 4.1 - 4.11) = _____ Possible points: 44					

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Component 5: Nutrition Education Abbreviations: PA=Physical Activity, SFS=School Food Service, NE=Nutrition Education	Great (4)	OK (3)	Needs help (2)	Priority (1)	Don't know (√)
5.1 Students in pre-K through grade 12 receive NE that is interactive and teaches the skills they need to adopt healthy eating behaviors.					
5.2 NE is offered in the school cafeteria and classroom with coordination between SFS staff & teachers					
5.3 Students receive nutrition messages throughout school that are consistent & reinforce each other.					
1.State & district health education curriculum standards/guidelines include NE and physical education.					
1. Nutrition is integrated into core curriculum areas such as math, science, and language arts.					
5.6 The school links nutrition education activities with the coordinated school health program.					
5.7 The school is enrolled as a Team Nutrition School and conducts NE activities and promotions that involve students, parents and the community.					
COMPONENT #5 SCORE (Total for 5.1 - 5.7) = _____ Possible points: 28					

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Component 6: Marketing Abbreviations: PA=Physical Activity, SFS=School Food Service, NE=Nutrition Education, HE=Healthy Eating	Great (4)	OK (3)	Needs help (2)	Priority (1)	Don't know (√)
6.1 HE and PA are actively promoted to students, parents, teachers, administrators and the community.					
6.2 Schools consider student needs in planning for a healthy school nutrition environment. They ask students for input and feedback, and listen to what they have to say.					
6.3 Students receive positive, motivating messages about healthy eating and PA throughout the school.					
6.4 Schools promote healthy food choices and don't allow advertising promoting less nutritious choices.					
6.5 Schools work with a variety of media to spread the word to the community about a healthy school nutrition environment.					
COMPONENT #6 SCORE (Total for 6.1 - 6.5) = _____ Possible points: 20					